The Quiet Within

Vol. I of II

Poems of the Internal Soul

A COLLECTION OF POETRY BY

Caspian J. Karst

Table of Contents

Introduction
SECTION I — Escapism & Peace

- A Dream
- My Sepulcher
- The Candle
- The Town
- The Time Before
- My Escape
- Night Rest

SECTION II — Imagined Love & Longing

- Pull Me Closer
- My Confession
- The Dream
- The Sought Love
- The Shape of Her in My Mind
- Closer
- I Wonder
- Imagined Love

SECTION III — True Love & Healing Love

- Heartbeat
- Intertwined
- Your Refuge
- True Love
- As One Forever
- Perfect Rest
- A Gentle Touch
- Dark Love
- Touch
- The Truth Within
- Your Knight

Hidden Within
Contentment
Freed Within
Darkest Desire
My Calm
A Flourished Life
Ravished Love
Hunted Love
Patchworked Souls
Bound Forever
In My Grasp
Fully Accepted
As One
Taken Home
Comforted
No Pretension
Freed
Whispers
Our Union
Wallflower

SECTION IV — Love That Hurts / Consuming Love

Ashes
My Empty Love
Shattered
Unyielding
Consumed Love
The Feast
First Love
Beyond Repair
Drowned
Your Opera
All Consuming
Self-Fulfilling
Hollow Love
The Wish

SECTION V — Family Pain & Sibling Dynamics

Born Duality

Second
Swallow
Unseen
What is Left
Family
No Tears
Learned Value

SECTION VI — Inner Darkness, Identity & Self-Reflection

Conflicted Desires
Facade
Hollow
My Internal Ghost
Shadowed Peace
Skin
Tapestry
The Kingdom of My Silence
The Scars Beneath
The Unknown
The Words I Withhold
Decay
Secretly Broken
Hidden Inside
Identity
Accepted Fate
Alone in the Hollowness
Who is Inside
The Shadow
The Choice
Forgotten Life
My Hidden Fragility
Never Surrender
The Mask
I’m Fine
Sinking Life
My Reality
Finality
Must Be
Forgotten Echos

The Path
Cynical

SECTION VII — Nature, Seasons & Sensory Experience

The Crafted
Winter Calm
Tempest
Cleansed
My Eden
Winter Delight

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Introduction

May these words steady your soul,
Give strength when none remains,
And endurance through the darkness.

Caspian J. Karst

SECTION I — Escapism & Peace

A Dream

Looking beyond the noise,
Journeying through the mind,

Escaping to an eternal place —
Where my spirit may roam,

Through the rustle of the brush,
I hear the gurgle of peace,

As light shines through the clearing,
A lone cabin trapped in space,

I glide through the creaking door,
Navigating familiar surroundings,

My breath releases all the pain —
The soul stretches out in peace,

Time waits here for me —
Never a rush to go,

The place I wish to go,
A refuge of life.

My Sepulcher

My head arising from slumber,
Breathing in the new day,

Passing through the veil of night,
Joining the motion of life,

A journey through the light,
To follow the path before me,

My love flowing like a spring,
An abundance born of pure will,

The consuming heat bearing down,
As the dust of death clings to me,

Feeling my joints slip out of place,
I seek refuge from the pain,

As I float down the spiral path,
The ground's cool embrace kissing me,

Enveloped by the quiet dark,
I pass through the hardened doors,

Slipping into a realm of solitude,
Where life is held at bay,
I enter my sepulcher of peace.

The Candle

Through the window I look,
A veil I cannot cross over,

The light sparkles in my eyes,
Whispering to the forgotten wish,

My tears washed away in vain,
As the cold rain chills my soul,

Reaching out my hand in hope,
To enter the warmth of my mind,

Leaving the dreams untouched,
A stranger in a place I don't belong,

Desiring to smell the fragrance,
To engulf my senses in peace,

For a moment I am where I want,
Among the story I wished for,

Seeing all the joy I long to have,
A place my spirit is at home,

The cold wind draws me back,
To the scene before me,

But I take a part of it with me,
The candle that burns within.

The Town

Walking past the turmoil,
Down a path long lost,

I feel time slowing down,
The weight of life slipping,

Where smiling faces greet me,
Offering me a kind word,

Allowing myself to breathe,
I drift into this dream,

Accepting the solitude of peace,
Where nothing is ever hurried,

I find myself at home here,
In a place where I can rest.

The Time Before

Peeling the layers back,
The pages of my life,
Back to my core,

A time of not knowing,
Full of future hope,
No fearful limits,

Aiming for the horizon,
Where anything can be,
A bright life unfolding...

How I lament the truth —
Wishing to dream again,
Shedding this reality.

My Escape

Only in my dreams,
Do I find my peace,

Unbound by chains,
Soaring in the clouds,

I breathe in freedom,
Untouched by pain,

Gliding into the sun,
Escaping reality.

Night Rest

Breathing in the night,
Feeling the darkness,

It wraps me in peace,
Hiding me from life,

Delving into the sheets —
I sink into the calm,

Alone in my mind,
My soul free to be,

Releasing the day,
No demand of more.

SECTION II — Imagined Love & Longing

Pull Me Closer

My eyes close to the weight of the world,
The cold embrace pressing on my soul —
I drift from the noise of life,
Letting the silence gather around me,

Adrift in the inner sea of myself,
I loosen my grip on life's harsh reality,
The current pulls me further in,
Where no one can reach or demand,

In that quiet chamber of solitude,
I breathe without fear or burden,
A place untouched by any hand,

There, my will summons you gently,
Shaping the outline of your presence,
Every curve imagined in detail,
A warmth I have never known,

I reach toward you in longing,
Knowing you are only a whisper of hope,
A dream my heart refuses to release,
Even as truth stands absolute before me,

My fingers pass through your form,
A reminder of what cannot be held,
Yet the ache does not break me —
Its flame sustaining me in its own way,

For even as the vision thins,
And the world calls me back again,
The yearning does not fade,

It lingers like a soft pulse in the dark,
A quiet truth I cannot deny —
One I will not allow to die,
But to always pull me closer to you.

My Confession

You are part of who I am,
Though my mind knows you not,
The soul holds true to the ache,

Traveling the cold path of life,
Alone in the gray of despair,
Shall you ever come to me,

As I give up the spirit to all,
Pouring my life upon the ground,
Watching it sink away to nothing,

Will I find you before I am gone,
Before the soul is a hollow,
Unable to believe again,

Broken beyond a return,
Where your touch can soothe the pain,
Restoring my hope of being whole,

To finally lay my head upon you,
My final anchor in safety,
Able to close my eyes in peace,
And sleep in pure comfort.

The Dream

Through the mist I travel,
To an unknown known place,

I glide to your open door —
Wondering where I am,

My mind racing —
Why do I know this place,

Your presence is on my skin —
I feel you in my breath,

My eyes trace the steps —
Leading to your door,

In the mirror I see you —
As your eyes lock on to mine,

The warmth of your presence —
Wraps me in its love,

My heart struggles to understand —
To grasp what this is,

Your truth pierces my soul,
Leaving me disarmed,

Your touch comforts me —
And I finally understand,

My tears fall like rain —
Knowing our hearts are one,

I pledge my love to you —
As I'm pulled from your arms,
Seeing the terror in your eyes,

Searching the empty bed for you,

Hoping against reality,

Grasping the sheets —
Cradling my soul,

Wishing to get back —
To the dream.

The Sought Love

In the quiet corners of my mind,
I look upon the stars above,
Its expanse reaching into my dreams,

I search for a love that never lived,
A warmth carved from the empty vastness,
A glow to nestle within my heart,

To walk beside me in the darkness,
A face of peace I shall never truly see,
Yet knew as if it had once been mine,

No heartbeat tied it to the world,
Only the slow ache of wanting,
My soul's imagined angel,

And though it never touched my life,
It lingered like a distant hope above,
A light that guided without burning,
A truth that never came to be,

Born of memory and desire,
A truth of the unknown,
The sought love.

The Shape of Her in My Mind

Through the broken dreams I peer,
Sifting them for any hope,
But all I find are shards of you,

Collecting all there is to find,
I lovingly dust the pain away,
Seeing the mosaic of you,

In silence I stand looking,
Tracing every broken curve,
Wishing you were whole again,

Pulling you close to my embrace,
Feeling the coolness of your touch,
Your love a soothing balm,

Swaying to our gentle union,
Where no words need uttering,
In a peace always yearned for,

Closing my eyes in the comfort,
Trying to hold on to every detail,
The shape of her in my mind.

Closer

I stare into the heavens,
Seeking to find you there,

Though I do not know you,
You are part of my heart,

Looking at the glow above,
My heart yearns to see you,

I wonder if we have met,
And how far apart are we,

In the cold dark I understand,
That you could be staring too,

Looking at the twinkling sky,
I feel you closer than ever.

I Wonder

I think of you often,
Missing what we had,

Left in the dark,
No reason given,

I am left to wonder,
Where are you now?

Imagined Love

Sighing for relief,
I start to daydream,

Delving into my soul,
Sinking into my desires,

Seeking my true love,
My refuge from life,

Painting every detail,
Every hair in its place,

You come to life,
Warming a weary heart,

As you come close,
A gentle hand in mine,

Finally in your embrace,
I let go of reality,

Finding solace in you,
I melt into your arms.

SECTION III — True Love & Healing Love

Heartbeat

You glide into my life,
Your presence filling my senses,

As the warm breeze of Spring,
Surrounding me with comfort,

The once cold ground of my soul —
Thaws by your touch,

My spirit reaches out,
Spreading its roots deeply,

I take you in like the summer's rain,
Nourishing my weary being,

I spring forth new life with you,
No more coldness of the night,

Enriched by your love,
My heartbeat of life.

Intertwined

Air thick with anticipation —
Our eyes lock on each other,

Like two worlds drawn,
We are caught in our gravity,

Taking hold of one another —
Breathing in the release as one,

As the spaces between us disappear —
Two souls intertwined together.

Your Refuge

As life presses in around you,
Shattering your compass,

You break free from life,
Seeking to find solace,

But the storms rage on within,
No escape for your soul,

Passing through the door,
Your feelings spill over,

Bursting your defenses,
You let it all come out,

Collapsing in to my arms,
Holding you tenderly close,

A warm hand on your back,
And a gentle understanding,

I hear all that bothers you,
The weight falls away,

Feeling my gentle words,
My breath relaxing you,

Giving you refuge from life,
A place to be at peace,

Sighing in pure relief,
The pain of life melts away.

True Love

Through the deep darkness,
A shadow moves forward,

In a land void of warmth,
Trapped in a cold embrace,

The ghost moves swiftly,
Carrying a spark of hope,

A compass pointing the way,
To a place forgotten by time,

Breaking the bitter grip,
The figure bursts into life,

In the shelter of light,
Where deep peace reigns,

As the last sting fades,
Finally at rest...

Breathing once again...
In the presence of true love.

As One Forever

I rest my weary head,
As life presses down,

Closing my eyes to life,
My soul drifts away,

In a current of lost tears,
I leave sorrow behind,

Floating downwards,
To find your presence,

Until I can breathe again,
Wrapped in your warmth,

I gently hold you close,
Life flowing through me,

My heart alive once more,
Giving freely what is left,

Finally two halves complete,
Fully in sync together,
Beating as one forever.

Perfect Rest

Seeking what I never find,
My head held low,

Every step heavy as lead,
The heart full of blind hope,

As my feet slip deeper,
Laboring in vanity,

Sunk deep in despair,
Struggling to crawl,

Hoping the end is near,
A place to stand tall,

Where past stench fades,
Leaving the flesh clean,

A place of pure comfort,
To curl up in your arms,

To finally close my eyes…
In a perfect rest.

A Gentle Touch

Birthed to serve others,
Laying down my life,
Giving without remorse,

The lashes not mine to take,
Bearing the pain within,
Absorbing it into my soul,

My heart as a shield,
Life pricks it deeply,
Leaving it scarred and red,

Dreams of peace dance,
Always out of my reach,
Only a breath of hope,

The soul yearning for calm,
A peace that none can take,
Where at last I find you,

To embrace all that I am,
Comforting my entire being,
With a gentle touch.

Dark Love

Down the misty hollow,
Through the open door,

Drawn to the unknown,
To a figure of desire,

Delving into the eyes,
It pierces your soul,

You relent to yourself,
Letting the facade go,

Drifting into nothing,
The pain left behind,

Renewed by passion,
Gifted with life,

Joined together whole,
Lost in our dark love.

Touch

Detached from yourself,
Doing what you must,

Never knowing the loss,
Numbed by life itself,

‘Til your full embrace,
Warm against me,

Collapsing inside myself,
As two souls breathe,

Finally connected to life,
By the act of touch.

The Truth Within

Attentive to the unspoken,
A truth revealed in your eyes,

Seeing beyond the external,
To the trembling you hide,

Seeking your true shape,
Your hearts natural curve,

As the pretense fades away,
You drop your inner scales,

No longer ruled by doubts,
Unburdened by your fears,

Standing plainly before me,
Shining as your truest self,

Finally accepting yourself,
The lady that I cherish.

Your Knight

Living in self denial,
An empty knight,

Seeking nothing anymore,
I wander alone coldly,

Inside my decayed heart,
Only dead dreams remain,

You appear before me,
Seeking nothing to take,

Planting kindness in me,
Watering the parched soul,

The inner stench fades,
A soul is reborn,

Loved as a whole,
No longer in pieces,

Pledging my love,
To always walk beside.

Hidden Within

A yoke placed on you,
Burdened to be strong,

Hiding your inner self,
Never allowed to falter,

Pushed beyond feeling,
A heart broken in pain,

Dreams upon the pillow,
Yearning to be set free,

The secret tears stream,
Lulling you to sleep,

Awoken by my touch,
As the scales of life slip,

Trembling in fearful hope,
Finding me before you,

Cradling your face,
I wipe the pain away,

With gentle word given,
The simple understanding,

Wrapping you in love,
Hidden within my heart.

Contentment

My eyes speak the truth,
Removing all your fear,

Cherished for what's within,
The ecstasy of being known,

With every tender word,
Wisps of desire bloom,

In cascading palpitations,
The body pulsing in joy,

A mind numbed by love,
All pain soothed away,

Left in pure contentment,
No longer hidden inside.

Freed Within

Numbed by the world,
Closed in protection,

I delve into your mind,
Tracing every curve,

Slowly and deeply,
Intent to understand,

A tender gasp escapes,
Trembling in fearful hope,

Your depths exposed,
As tears of love flow,

I delicately caress you,
The hidden pain released,

Your softness returns,
Found in my touch,

Accepted as you are,
Completely freed within.

Darkest Desire

Willingly drawn deeper,
Lost in your heartbeat,

Approaching known reality,
The mystery before you,

A chill of anticipation,
Lost in the desire,

Delving into my realm,
Escaping to freedom,

Taken to your dreams,
In the dark I await,

Ready to consume you,
To flow in your veins,

Wrapping you in love,
I release your spirit.

My Calm

Tender of heart,
Graceful in spirit,

Abundant in love,
Gentle in care,

A deep warmth —
The calm I seek.

A Flourished Life

Love given selflessly,
No demands made,

Quenching the spirit,
A comfort never known,

Ready to be whole,
My roots dig deeper,

Reaching for life,
Budding forth reborn,

Revived to connection,
We flourish together.

Ravished Love

Rushing into my arms,
Giving into your desires,

Crashing into my eyes,
Your mind wonders,

Feeling yourself drown,
Lost in my depths,

Your soul ravished,
Loved for yourself.

Hunted Love

Through your eyes I seek,
Delving deep into you,

Seeking to find the depths,
Understanding all you are,

Wishing to dart away,
Haunted by your past,

I take you into my heart,
Soothing your pain,

As your body releases,
The hunt for love complete.

Patchworked Souls

Enveloped in your love,
Wrapped completely in you,

Your tender words comfort me,
As you kiss with true love,

Taking in your warm scent,
I shut out the world,

My brokenness soothed,
Stitched together by you,

Cherished for what is left,
No longer worthless pieces,

Seeing us joined together,
Two patchworked souls.

Bound Forever

In my dark embrace,
Wrapping around you,
Entangled in love,

Diving into ecstasy,
We swirl together,
Our spirits intertwined,

As the love blooms,
We are left bare,
Naked to the truth,

Raptured into peace,
Finally a whole soul,
Bound forever as one.

In My Grasp

Holding you gently close,
Your heart races in place,

Looking through your eyes,
Into the depths of your soul,

My words capture your mind,
Twisting you in pleasure,

Unable to unwind yourself,
You relent to my strength,

Freeing your soul to live,
Safe within my grasp.

Fully Accepted

Running from yourself,
Haunted by your desire,

Hunted by your heart,
You resist its pull,

Collapsing in defeat,
You gasp in vain,

Weary from the chase,
No more fight left,

Submitting to the love,
Growing richer together,

You find freedom inside,
Finally fully accepted.

As One

In the margins of your mind,
You feel my presence,

Crawling under your skin,
Devouring your thoughts,

I am your dark shadow,
Tethered to each step,

Finally accepting your fate,
You seek my embrace,

My eyes dance with fire,
The darkness becomes light,

I envelop you in my love,
Taking you into my heart,

Forever linked together,
Two souls as one.

Taken Home

Through the misty path,
Traveling to the unknown,

Drawn by the desire to go,
Your heart pounds inside,

Drifting through the door,
Questioning your sanity,

Our eyes lock deeply,
Your guard sheds away,

Shuddering in anticipation,
Your mind lost in my stare,

Relaxing into my arms,
My words consume you,

Releasing all you have,
Yielding to the love,

Finally where you belong,
Taken home in my heart.

Comforted

Life weighing upon you,
You reach for my arms,

Into my deep embrace,
I take you into my heart,

Holding your head close,
Melting deeper into me,

Resting in my chest,
A sigh escapes your lips,

Knowing you are safe,
Freed from the pain.

No Pretension

In the haze of love,
My eyes pierce you,
Seeing your bare soul,

Gently pulling you,
Until I embrace you,
Breathing you in deeply,

I whisper your dreams,
Exposing your needs,
You relent to the joy,

Finally fully seen,
Accepted for yourself,
No pretension remaining.

Freed

Feeling your heart pound,
My words melt into you,

Consuming your being,
You release your desires,

Lost in the pull I have,
As you swirl in peace,

No demand upon you,
I give you all you need,

Nurturing your love,
You bloom in my arms,

The soul released,
Freed to be yourself.

Whispers

Life pressing upon you,
An all consuming pain,

You race to escape,
To find shelter,

Running into me,
I shield you gently,

Every word spoken —
Drowns out the chaos,

A sigh of comfort,
Lost in the whispers.

Our Union

Drifting towards you,
Our eyes lock together,

Frozen before me —
Unwilling to run,

Feeling my strength,
I pull you in close,

My words engulf you,
Drowning you in love,

The heart set free —
Finally at peace,

Melting into me,
Lost in our union.

Wallflower

Hanging on the wall,
Planted in silence,

Staring into the void,
A room full of life,

Wishing to enter in,
Too shy to overcome,

The heart collapses,
As the dance ends,

Defeated by fear,
Eaten with loneliness,

You hear a softness,
Spoken in doubt,

Shaking in hope,
Offering their hand,

Joyfully uprooted to life,
As you dance together.

SECTION IV — Love That Hurts / Consuming Love

Ashes

Soaking in the lush green life —
As I sink into the tender grass,
Breathing in the cool breeze,
My soul is cleansed,

Floating in like an ember,
From a place unknown,
You promise warmth,
An unspeakable comfort,

So I feed and protect you —
Watching you sparkle,
Dancing before my eyes,
Seducing my spirit,

Twisting me with your words —
In a never-ending cycle,
Never enough tinder to burn,
Blotting out all life,

Seeing the devastation,
I drop to my knees,
Pleading through the smoke,
As you choke my soul,

The soot sticks to my flesh,
No more tears to mourn,
My strength burned away,
Seared by the bleakness,

I watch you take flight,
Floating away,
Leaving me —
In ashes.

My Empty Love

I do not know where to go,
For I have lost myself to life,

Doing all that I must to survive,
Never living as a whole,

The hope for your soft touch,
Just a vague illusion of memory,

Seeing the vultures all around,
Picking the bones of their prey,

My heart grows weary of dreams,
Of things unproven before me,

Accepting the age on my face,
Not fooling myself what is left,

Reality suffocating the soul,
Relenting to the cold truth,

Wrapping in the emptiness,
Passing through life alone,

But still a small spark remains,
Of who I wish we were together,

As I pass from light to dark,
Fighting the blistering wind,

Fearing I am consumed whole,
Nothing left but my empty love.

Shattered

On the brink of maturity,
At the start of your journey,

Stepping into the unknown,
No compass to point the way,

I reached for a harbor,
To anchor myself steady,

In the storm I find you —
A stowaway like myself,

Grabbing on to one another,
We brave the unknown together,

A friendship forged through trust,
A love that grew secretly,

I tried to show you my heart —
But another had it captured,

Your pain became mine —
Helping you collect the pieces,

You spiral into nothingness —
Cutting your line to drift,

Seeing the wake of your destruction —
My heart reaches to pull you to safety,

Using all my secrets against me,
Shredding my soul to nothing,

Leaving me drifting in despair,
Shattered beyond repair.

Unyielding

Our eyes lock on each other,
Your words smooth as silk,
Soft as a gentle breeze,

But what is the feeling —
This action that you do —

You smile without a care,
As pain courses into my soul,
Sharper than any weapon,
Digging deep into every fiber,

Giving you all that is requested —
Throwing my love into the abyss,
That only asks for more,

My eyes dim at the cold truth,
Seeing the succubus you are,

I pull away from you —
Pushing you away —
Saying defiantly with fire,
No more —

You beg for me to stay,
That you need me,

But I know it must end,
For you are unyielding.

Consumed Love

Two hearts seeking a union,
Joined together as partners,

Twinning together as vines,
Our hearts linked together,

Not knowing the danger ahead…
How my heart tricked me,

Losing myself to the longing,
As the scales tip in your favor,

Telling myself this is love —
To give everything I have,

Until there is nothing left,
Just a lump of clay for you,

I yearn to be seen by you,
But my words fall away,

Knowing what I must do…
Breaks my spirit in two,

Pulling myself apart inside,
Taking you from my heart,

As you grapple to keep me,
Confessing you will change,

But I must run from this —
All consuming love.

The Feast

Stepping to the table,
You take your place,

Eyes filled with lust,
Ready for the feast,

As I lay before you,
You flay my flesh,

Pleading in agony,
Mercy for my soul,

The knife tearing deeper,
Blood mixing with tears,

You savor every morsel,
The unending carnage,

My strength consumed,
My bones left bare,

Nothing more to give,
The feast completed.

First Love

Drifting away in thought,
Trying to find our love,

Only a faded memory,
Ripped from my heart,

Undone by another,
Your tenderness stolen,

Drifting in my solitude,
No arms to call home,

My soul gone from me,
Wishing you love fulfilled.

Beyond Repair

With a yearning to connect,
I found you at my weakest,

Forcing myself to share,
Hoping to create a bond,

Our kinship grew strong,
Until my heart was yours,

Scared to confess the truth,
As another took your heart,

I held my peace for joy,
Choking on your happiness,

Until they left you broken,
Shattered into bitterness,

Wallowing in destruction,
My heart aches for you,

Breaking the vow I made,
I confess all I feel,

Stripping me of all dignity,
Crushing me with my secrets,

Shaking in pure pain,
Collapsing in utter numbness,

Left completely void inside,
Broken beyond repair.

Drowned

Lost in your sea of desire,
I try to swim to you,

To show you true love,
But you pull me under,

Grasping to survive,
As you drown me.

Your Opera

Looking past passionate flames,
I look into your inner soul,

Seeing the desire for a flash,
The quick cure for a craving,

As you ride your high alone,
I try to bring you back to me,

To show you the truth of love,
And give you something true,

Blinded by your desire for more,
You dash my heart to the ground,

Confessing you need far more,
Leaving me broken in your opera.

All Consuming

You wrap me in love,
Never to let me go,

Cracking my bones,
I lament in pain,

As the marrow flows,
You consume every drop,

Nothing more to bleed,
Left brittle and dry,

You hiss in delight,
Leaving me broken,

I grasp onto hope,
Standing defiant,

Strength from nothing,
Unwilling to surrender,

The shell of myself,
A memorial of what was.

Self-Fulfilling

Doubting the truth,
Delving deeply within,

Covering your face,
Hiding from sight,

Fleeing in fear,
That it isn't true,

Denying the love,
Accepting only pain,

Lashing with cruelty,
Tearing me down,

My heart lost,
I fade away,

Fulfilling your dread,
Of being alone.

Hollow Love

Keeping you at bay,
Swearing you off,
Begging you to leave,

Yearning to be mine,
Confessing your love,
Devoted solely to us,

Relenting to the pleas,
Showing my full heart,
To become one together,

Seeing all that I am,
You withdraw in shame,
As your lips drip lies,

I pretend to be fooled,
Tucking my heart away,
Understanding your view,

Watching you fade away,
Into a diluted fantasy,
Another hollow romance.

The Wish

An all consuming life,
A soul left hollow,

Dimmed to warmth,
You wander alone,

Doing what you must,
Surviving for others,

Seeing your true self,
I desperately reach,

Drifting from me,
I leap to your shore,

Falling before you,
Giving all I have,

Breaking my soul,
To restore your hope,

I collapse before you,
Your chill too deep,

Dying for my love,
Your heart finally shatters,

As you hold me tight,
Wishing for my return.

SECTION V — Family Pain & Sibling Dynamics

Born Duality

Blood of my blood —
Born from the same bone,
Opposing sides of a coin,

As night and day we were,
Neither touching the other,
Separated by an unknown force,

Though I reach for you —
Your brightness overshadows me,
Burning me to the core,

No matter how hard I chase you —
The chasm between us grows,
Until I have no strength left,

My eyes dim as my heart crumbles —
Watching you soar above me,
Unreachable by any means,

Sinking into the darkness —
Accepting my role in nature,
To always be your shadow.

Second

At the beginning,
How could I know,
It was set in stone,

From the first breath of life,
A quiet truth awaited,
Unspoken by words,

Though through your actions —
The truth screamed,
Of what you hid,

How could I deny it —
Choosing to accept the lie,
To spare us both the pain,

How it grew and spread —
Like a ripple on a pond,
Until it was understood instinctually,

That everything I am —
Everything given freely —
Were scraps for the second.

Swallow

The pressure builds between us,
Where right and wrong struggle,
Neither willing to relent or surrender,

Words flying around like sparks —
Threatening to explode into more,

To the powers that be I go —
Pleading my case before the bench,
As the futility of it sinks in,

Judgment is swift and final,
The gavel’s deafening echo rings in your ears —
For the greater good for all,
To create a false peace with the unjust,
Accepting the guilt that isn't yours,

The words melt your strength,
Leaving a bitterness in your throat,
Where logic cannot prevail,

With a heavy heart and step —
Hands tied by command —
Returning to where it began,
Mouth gagged by order,

Your soul twisting with torment —
As you stare at your foe,
Uttering the words that are untrue,
The stain that is not yours to wear,
But knowing you must swallow.

Unseen

A life lived in your shadows,
Never quite human enough,
Just a family secret of shame,

Seeking what is hidden from me,
The secret to grant me humanity,
More than a lifeless tool,

Moving from task to task,
Burdened with making solutions,
Piecing together the brokenness,

My soul is slowly consumed,
Left brittle and dry inside,
No hope left to see the light,

Darkness my only true friend,
As it wraps me in nothingness,
Where I can finally be myself,
To be completely unseen.

What is Left

As you grow before me,
Reaching to adulthood,

I see hope in your steps,
Firm in what you believe,

Not ready for the world,
Maturing in body alone,

I try to steady your path,
But you run far away,

To a place I cannot go,
You embrace the world,

I hope in your return,
Ready to embrace you,

With false truths you cry,
To steal what you can,

I fight the truth before me,
But the child is no more,

All that remains is greed,
A need to take from all,

So I must set you free…
To save what is left of me.

Family

Meant to be thick as blood,
Tied together by roots,

Something I always believed in,
The unspoken promises,

How foolish the heart is…
Blinded to the truth,

Life turning your veins cold,
Where words rarely have actions,

Knowing the bitter reality —
That no relief is coming,

Their vows meaningless,
Excuses to feel absolved,

That they did all they could —
For the family.

No Tears

Still so young to the world,
A heart still tender to life,

Feeling the pain in the air,
Not knowing what to do,

Seeking what I cannot find,
A way to remove the hurt,

I lay my heart out to you,
Asking what I can do,

Your voice plain with facts,
Telling me the harsh truth,

That no one needs crying...
To be strong…
And have no tears.

Learned Value

At a tender age I learned,
To pick up the slack —
Be mature and grown up,
This is what you needed,

Watching you chase chaos —
My sibling of your desire,
Graced with your protection,

My heavy heart shatters —
Left in their shadows alone,
Wondering how I can shine,

Knowing the bitter bite of truth,
I feel no more pain inside,
As the final tear is shed,

I build my island inside,
My final refuge in life,
As I hang my head in duty.

SECTION VI — Inner Darkness, Identity & Self-Reflection

Conflicted Desires

Through the years I have fought,
Facing burdens not of my making,

Crawling through the mire of life,
The weight of what I must do for all,

Striving to get over each new hill,
As I conquer demons at every turn,

No time to heal wounds burned deep,
To see life was consuming my soul,

Until my greatest foe appears,
One I cannot face on a battlefield,

For it reaches from within my mind,
Gripping the body hostage against me,

The senses revolting against my control,
A puppet to the scars I willingly made,

Helpless to stop this beast from within,
Showing the cost of the ignored truth,

The tactile ruins inside me,
Unable to outrun my hollowed soul,

I stumble to keep pressing on,
My resolve the only strength left,

Still unwilling to give up on others,
As I crumble around myself,

Not able to pull the parts together,
To end this conflicted desire.

Facade

Stepping into the light,
Center stage for all to see,

With a smile on my face,
The organ grinder starts its tune,
As I perform for you,

Jumping through your hoops,
Doing what is required,
To entertain you,

My life choreographed to perform,
Giving what is needed to all —
Never demanding an ovation,

Though my soul withers with time —
I know the show must go on,
Giving you the thrill of a lifetime,

Till my bones crumble inside me,
And the lights come down,
Never showing the inner facade.

Hollow

My hope rose daily,
Just as the sun gives its warmth,
Renewing and refreshed —
Striving to be your gentleman,
Waiting for the day you appear,
To finally join two souls,

But as dusk follows darkness —
The hope slowly turned cold in my veins,
Until hope was a bitter gall,

For from all around they came,
As vultures and thieves,
Ready for the feast,
Thinking their theft was unseen,
As they dug the blade deep —
Carving their pound from my bones,

Twisting the blades slowly —
While professing to teach me,
Showing their venom and spit —
For who and what I am,
Attempting to turn me into them,

I smiled and held my heart —
As the life drained between my fingers,
Confessing to all the pain wasn't true,
That the wounds were not there,
That I would be fine,

Now dimmed by the decades,
Skin thick and calloused,
A soul emptied completely,
Nothing more to bleed,

Giving what isn't there anymore,
Pretending all is well,

Hiding the glimmer of hope,
That I am not hollow.

My Internal Ghost

Looking into the glass —
The reflection of self,
All that is before my eyes,

Peering deeply into the lens,
Windows to my inner self,
Where none dare to venture,

Seeing the invisible scars —
That life has left behind,
An attempt to turn me cold,

Striving to mold me by force,
As clay on the potters wheel —
To shape me by your touch,

Through the loss of self —
Pieces missing from the whole,
Broken into shards of grief,

In the corner of the soul —
A small spark glimmers,
The piece none may own,

My eternal ghost.

Shadowed Peace

The sun peeks over the horizon —
Awakening all that it touches,

My soul groans —
As it touches my skin,

Wishing the warmth away,
I summon a false humanity,

Resolve courses through the veins,
As I hit the floor in finality,

Focused on my duties —
Knowing this day shall pass,

I give what is gone inside —
What I wish could be given,

As the cool night encroaches —
Bidding the day goodnight,

My soul yearning for the dark —
Which wraps me in the quiet,

Hiding me from the day —
In my shadowed peace.

Skin

The sun has left the horizon,
Hidden for a new day,
Leaving behind the coolness of eve,

Knowing they have no escape,
Seeing the need in their eyes,
A weariness in their words,

An unspoken fear in the air —
One that grips the soul,
A dread of what could be,

Struggling against yourself —
Wishing to get away,
As duty outweighs desire,

Panic grips your soul,
Eating you from within,
Taking away all sanity,

Desperate to scream,
Being trapped together,
An unwanted new friend,

You learn to cope,
Awaiting its cold touch,
That crawls under the skin.

Tapestry

Traveling through my mind,
Peering into the darkness,

Tracing the routes I've taken,
Mapping the paths of my life,

From moth-eaten holes of pain,
To the bright hues of joy,

My fingers trace the lines —
The deep etchings left behind,

I ponder the unresolved riddles —
The things that might have been,

Breathing deeply, I step back —
Watching it all weave together,

Seeing the pattern of my life —
The tapestry of who I am.

The Kingdom of My Silence

Thrust into a realm of your making,
A world alien to my senses,

Gathering myself out of the mud,
As I feel my legs sink into the mire,

The air thick with unspoken commands,
Pressing against the walls of my chest,

My eyes glare at my surroundings,
Standing with purpose and poise,

I march forward to a place unknown,
Unwilling to surrender to the elements,

Each step a defiance of the weight,
A quiet refusal to be shaped by your will,

The chill of your words cuts me like a razor,
But the fire within sustains me to go on,

Carving a path through the gathering thorns,
My silence a shield against your design,

As you slice me to the core to yield,
I shall press on through the darkness,

For even in this reality of your making,
Your shadows cannot claim my spark,

Gathering the remnants of who I am,
I forge a path you cannot follow,

And though your voice chases me like the wolf,
It cannot devour the truth within me,

For I reclaim the throne you sought to steal,
In the kingdom of my silence.

The Scars Beneath

Staring into the silvery reflection,
Seeing the shell of self looking back,
Not able to lie to what I see,
A haunting reminder of what is not,

It tells me the story I keep from all,
That what all see is just a wish,
The form of what I pretend to be,
Not the substance of the truth inside,

Confessing the bitter gall of truth,
Of not knowing what is before me,
Being forged by time and duty,
Into what I must be for the tasks,

Seeing the layers that collapsed upon me,
Each leaving what I cannot remove,
Etching their marks deep on the psyche,
Knowing it is all and none of me,

Yet as I stand before this fractured self,
I reach toward the scars I once despised,
Hearing the echoes of who I was,
I understand the truth that no other can,

Being true to who you are meant to be,
Whom you fought to become,
Can turn you into someone you are not,

And in that fragile, unguarded moment,
I breathe acceptance into the wounds,
Allowing the truth to settle in peace,
For these choices are mine to bear,

Not as chains that bind me to the past,
But as proof that I endured,
That I remain,
Just changed by the scars beneath.

The Unknown

I seek you in the forgotten past,
Not knowing where you have gone,

Passing through the memories,
Tracing every step to find you,

I yearn to hold you inside my heart,
To see joy look back at me again,

But the light that once was there,
Darkened by the bitterness of time,

Why is softness a forgotten pleasure,
And coldness my only comfort,

I silently weep for the entity before me,
A shadow of what should be here instead,

That clothes itself with my skin,
Hiding behind a smile not of its own,

None caring to see beyond the veil,
Accepting the lie it plays so well,

Facing the truth of what is,
This unknown is all there is now.

The Words I Withhold

Passing through life as all must,
Your words echo in my ears as a chime,

A reminder that someone is there,
Beckoning the moth to your flame,

Soaking in more than I can hold,
I succumb to the desire to release,

My heart reaching out to you,
In need of gentle understanding,

My words fall from my lips in dread,
As they are torn from my control,

The pain that was mine alone,
Hijacked into your torment,

Your words swallowing me whole,
I submit to being your shoulder,

The truth becoming clear as crystal,
We all carry our own internal pain,

I reach with my heart to give hope,
Left with less than I can spare,

Locking my demons away from all,
To hide behind the half truth,

A permanent state of being fine,
Never to confess the darkness,

My crumbling soul kept hidden,
By the words I withhold inside.

Decay

Once so fresh of purpose,
Knowing all will be right,

The blaze of youth burning,
No darkness in sight,

But danger lurks ahead,
A black hunter of souls,

Unready for what lies ahead,
You walk blindly into the net,

Tangled in the web of life,
You struggle to be yourself,

The weight pulling you down,
Gasping for your breath,

Feeling the rot grow within,
Spreading its pain deep,

Trying to rip it from your soul,
Unwilling to face the truth,

Knowing it will never leave,
But you must fight the decay.

Secretly Broken

Faced with questions,
Never a map to follow,

A demand to fix it all,
No choice to give up,

To be creative in mind,
Finding what to do,

Not showing the truth,
It is all based on hope,

That no other will do it,
You must find the solution,

Never showing the wear,
Strength with no cracks,

As you crumble within,
Being secretly broken.

Hidden Inside

The darkness engulfs me,
Consuming all that I am,

Each black link I forged,
That shackles my spirit,

The weight pulling me down,
As the stench fills my soul,

Drenched in its desires,
How can I fight the flesh,

As my heart is strangled,
Giving in to the pain of life,

The good inside snuffed out,
Diving deeper into the despair,

Insisting I have power over it,
Denying that I am addicted,

I struggle to break free of it,
This thing I have become,

Locked deep within my mind,
Clawing to be set free,

Ready to devour all I am,
Knowing I must stay vigil,

That I can never allow it out,
To show what is hidden inside.

Identity

Wishing to be more,
To shed who I am,

What is my truth,
Who am I anymore,

A symbol of duty,
Striving for honor,

Caught in a struggle,
A duality of desires,

Released from the mold —
To live a life of wants,

Or to accept reality...
A bitterness to the soul,

The soul torn in half,
Knowing what must be,

Be true to yourself,
And face the cold alone.

Accepted Fate

Looking within the soul,
A vast desolate waste,

I wonder who I am now,
What is the truth inside,

Am I the mask I wear…
Or the brokenness I feel,

Seeking for the truth...
Leaves only doubts,

Having built this mask,
The person I have to be,

Lost to the illusion,
Forged by my will,

I accept who I am not,
What I must always be,

Knowing none shall see,
What lies dead beneath,

A life once full of light,
Now left in darkness,

So much lost to duty,
Only shards of memories,

I accept the truth that is,
Facts I cannot change,

That this is all I am,
What is expected of me,

With honor I accept fate,
Being what I need to be.

Alone in the Hollowness

Staring into the abyss of life,
Facing it with heart in hand,

Ready to take on the beast,
I raise my sword in justice,

I feel the shift below me,
As I stand my ground,

Spinning out of control,
I grab to what I know,

But I lose my direction,
Sucked into the darkness,

My eyes reflecting the fate,
A heart dimmed by the black,

Hiding the truth within,
Keeping it locked in the soul,

Fighting the good fight,
Being what I am not anymore,

To die upon the hill of honor,
Alone with the hollowness.

Who is Inside

How I remember myself…
The person left dead inside,

Full of wonder of life,
Seeking all that is good,

A death not granted swiftly,
No mercy in their hearts,

As I drain into nothing,
Feeling the cold numbness,

Ready to give up my soul,
To succumb to the pain,

Giving what I was gifted,
A life of selfish want,

Swirling in selfishness,
Finally taking what is owed,

Seeing the darkness within,
I struggle to break free,

To emerge from this cocoon,
Set free from the flesh,

But I know I cannot return,
This stain is mine to wear,

Clothing myself in the truth,
The heart bearing witness,

Fighting to become the lie,
Never to show who is inside.

The Shadow

The soul shaken violently,
Casting my dreams down,

Nothing left to wish upon,
The heart accepting the fate,

As the insides twists to life,
Seeing nothing but angles,

Dawning the disguise,
To hide what is there,

A darkness I must control,
One I cannot share,

For none shall understand,
The shadow I live within.

The Choice

In the world of chaos,
Swirled around violently,

Swept under the current,
You fight helplessly,

Your strength melting,
As you are consumed,

Flowing with the stream,
Not caring anymore,

Until you see your face…
Reflected in innocence,

The heart writhes in pain,
A revolt against the evil,

At war with the numbness,
Trying to come back to life,

Laying the bitterness down,
In choosing to be the change.

Forgotten Life

As I sit in the quiet reflection,
The numbness of life pours in,

Flipping through the pages…
Trying to remember who I am,

So much blurred from memory,
Things I do not want to know,

Trying to fill the emptiness…
I find nothing but blank space,

Knowing this is the life I chose,
One that leaves the soul drained,

There is no illusion left…
A way to regain what is lost,

Breathing in the cold truth…
No bitterness for the past,

Gathering what is left...
The journey not over yet,

Moving towards the unknown,
Accepting a forgotten life.

My Hidden Fragility

I look back at the bleakness of life,
Where the sleet falls on the land,
Showing its cold grip on the past,

Gripping the warmth within to live,
Blinded by the sting upon my face,
I push forward into the unknown,

My legs feeling the weight of it all,
As I grow colder with every step,
Wondering where the end is at,

A flicker of hope in my eyes —
To finally find my peace here —
And rest in the warmth of calm,

As I collapse under the bitterness —
Laboring in the dark embrace —
Feeling my soul dumb to life,

Closing my eyes in acceptance —
The heart's desire freezing dead,
Protecting what is not left of me,

Defiantly looking into the future —
My bones crackle as I stand tall,
Pushing myself further into the white,

Engulfed in its icy embrace,
Knowing there is no refuge ahead,
That I must carry on —
In my hidden fragility.

Never Surrender

Seeing the glee on your face,
As I am broken by your greed,

The suffocating pain you left,
Pull my soul down into the mire,

Wallowing alone in my misery,
I give life to the darkness you left,

Diving into its cold embrace,
Swept away into nothingness,

Finally seeing the evil within,
Becoming the reflection of you,

But soon my heart skips to life,
Shuddering to the truth before me,

I fight the loathsome self,
Forging the will of change,

Pulling my soul from the depths,
Reaching for the light I was denied,

Never forgetting what I became,
Facing life with renewed direction,

Faithful to the truest version inside,
Never surrendering again.

The Mask

I slip on my skin to share in life,
None knowing the truth beneath,

The monster that I hold at bay,
That wishes to devour all,

Control is my strongest ally,
To tame the beast within,

Clothing myself in duty and honor,
Wrapping the darkness in light,

I fight for the just cause,
Using the dark soul as a tool,

Its hunger slowly consumes me,
Our hearts beating in rhythm,

I understand the truth that is,
That my will is all I have left of me,

None shall see who is beneath,
For I shall always hide under my mask.

I’m Fine

Needing a release,
A source of calm,

Holding it within,
Ready to burst,

Breaking silence,
Confessing a word,

To be consumed,
Hearing your woes,

Holding you up,
Numbing myself,

Digging my pit,
A truth hidden,

With a false smile,
Learning to be fine.

Sinking Life

My tears stream down,
Puddling within the soul,

Drowning in the despair,
Of never being known,

In the cold depths,
Treading to stay alive,

As life pulls harder,
Pulling me under,

Fearing the worst,
A life spent alone.

My Reality

Broken and used,
A heart crushed,

Unable to cry,
Unwilling to feel,

Seeking a peace,
Alone from all,

Secretly hoping —
For more.

Finality

Looking into your void,
The hunger staring back,

The desire for compliance,
To consume all there is,

Crushing me under you,
Your breath on me,

Resisting your power,
I scream bitterly,

Until you slip in,
Delving inside me,

Limping through life,
You gnaw on me,

My soul slowly devoured,
Until there is nothing,

Completely hollow inside,
Only my memories survive,

The mind never relenting,
It defies your strength,

Standing for the truth,
I honor what once was,

Remembering my ghost,
And what should be,

As I grab your spirit,
Dragging it to the grave,

Locked in bitter battle,
Awaiting our judgments.

Must Be

Looking deep within,
Where none can go,

Peeling the layers,
Striping the scars,

Seeing all that was,
Knowing what is,

Nothing is left,
Just hollow inside,

Hearing the howling,
Of what is inside,

As it prowls around,
Its breath chills me,

I seek my redemption,
To find the good,

To return to myself,
Whole and complete,

But I accept my fate,
This is what must be.

Forgotten Echos

Exiled from this life,
In the flux of nothing,

Wishing to belong,
To find where I fit,

Finding no peace here,
No place to be free,

I melt inside myself,
Resigned to my fate,

Drifting out of sync,
Accepting the truth,

I choose to remain,
An echo from the past,

A soul lost to time,
Curated to history,

To one day fade away,
Forgotten forever.

The Path

You set me on your board,
That tells me where to go,

Following the rules I moved,
Doing what the dice commanded,

Keeping my eyes on the prize,
But you keep me going in circles,

I reach for the promises of more,
With every step it moves two away,

Not allowing myself to see truth,
To blind my soul to what was real,

I keep doing what is true to me,
No doubt the fruit will spring forth,

Though fertile and ready for life,
Nothing comes forth to reap,

Seeing the end of the game near,
Only a ghost of promises left for me,

Accepting the reality of what is left,
Seeing the divergence ahead,

Looking at the unknown future,
The lonely unmarked path before me.

Cynical

Bludgeoned by cruelty,
A world unrelenting,

Pulling the soul down,
Deep into the mire,

A whisper of release,
To relent all hope,

Pulling from the stench,
To stand honorable,

Watching other bask,
Bathing in filth,

A tenderness lost,
Buried in callouses,

Wearied by reality,
Cynical to a change.

SECTION VII — Nature, Seasons & Sensory Experience

The Crafted

Moving past the noise of life,
Gliding through your doors,

Into a world frozen from time,
My breath releasing the strain,

The raw potential laying before me,
I seek to find what's hidden inside,

With cold steel within my hands,
My soul connecting with the blade,

It stands ready to do my bidding,
As I pour the weight of life into it,

The calm swoosh lifting my spirit,
While the curls fall to the earth,

Finding my center once again,
Even for a fleeting moment,

With joint and miter I form it,
Birthing my desire before me,

Clearing the dust from the jewel,
Seeing the completed journey,
Crafted before me.

Winter Calm

I trace the memory of you,
Through the history of my life,

I remember your cold embrace,
The sleeping earth unmoving,

Where time slows its heartbeat,
The breath of life calms,

I wonder where you are now,
And the peace you once brought,

As I watch the earth spin beneath me,
A rush to get nowhere fast,

How I miss your embrace —
The peace you brought the world,

Where have you gone my friend,
My winter calm.

Tempest

Lost in your vastness,
I walk barefoot alone,

Sinking with every step,
Never a sure footing,

You fill my senses,
As you sting my skin,

My eyes transfixed,
Nothing on the horizon,

As you roar before me,
Beating against my feet,

I let my breath free,
Alone in your peace.

Cleansed

As you come down upon me,
I close my eyes in peace,

Feeling you flow over me,
Both gentle and strong,

Washing the day away,
Cleansing me in comfort,

Watching the world panic,
Running from your touch,

I bask in your delight,
Holding my hands high,

As the grit falls away,
Left refreshed by you.

My Eden

Passing through the veil,
Into an unknown world,

Soaked in beauty untold,
Of light and comfort,

Walking softly barefoot,
The cool grass beneath,

Drifting in the meadow,
A gurgling brook beckons,

Through a canopy of leaves,
Stepping into the cold flow,

Resting upon a rock,
My soul free to breathe.

Winter Delight

In slumber delight,
Hearing the crackle,

Curled up in content,
Listening to nothing,

Your deafening quiet,
As you howl outside,

Peering at your work,
A calm white blanket,

Covering all that is,
In soothing coldness,

My spirit slows —
Relaxing in peace.

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